

# Healthy For Life

*Healthy For Life* is a Health Education and Disease Prevention Program for older adults developed by Delaware's Division of Services for Aging and Adults with Physical Disabilities. Our goal is to help you stay healthy, happy and independent through good nutrition, physical activity and healthy behaviors.



***Delaware Health  
and Social Services***

Division of Services for Aging and  
Adults with Physical Disabilities

## Get Fresh!

***Try a Fresh  
Approach to  
Nutrition!***

**Nutrition Programs  
and Resources for  
Delaware Seniors**

# Healthy For Life



## Freshen Your View of Good Health

### Learn how to:

- Feel healthy
- Shop healthy
- Cook healthy

## Diabetes?

### A nutritious diet can help!

- Learn more about causes, prevention and healthy eating.

### Tools for Educators

Need help teaching groups about nutrition? Our resources include materials, activity sheets, recipes, food models, evaluation tools, information on diabetes and nutrition... and more!

## Five-a-Day is the Healthy Way!

Did you know that inadequate fruit and vegetable consumption is one of the leading health risk factors among older adults? The good news is that good nutrition is one of the easiest – and most enjoyable – habits to develop. Delicious fresh fruits and vegetables are a wonderful addition to any diet.

The Delaware Division of Services for Aging and Adults with Disabilities (DSAAPD) offers web links, recipes and other useful information to encourage a more nutritious five-a-day diet. Bite into better health with a visit to **[www.dsaapd.com](http://www.dsaapd.com)**

## Prevent and Manage Diabetes

Good nutrition is a key factor in managing diabetes. Through education and support groups established throughout Delaware, you can get the latest information on diabetes causes, prevention and management – including tips for healthy eating. Speakers are also available for groups at senior centers, churches and other organizations.

For information about nutrition or other *Healthy For Life* resources, call **1-800-223-9074**. Or visit our web site at **[www.dsaapd.com](http://www.dsaapd.com)**.

***Eat Well, Feel Well!***

***It's never too late to take  
charge of your health!***